

MEALS

ON

WHEELS

# The MEAL TIMES



fall 2000

To prevent and treat disease and disability; to promote healthy lifestyles; and to assure the quality and accessibility of health services for senior citizens.

## \* \* \* FLU VACCINE DELAYED \* \* \*

The Centers for Disease Control has announced that the flu vaccine will be delayed for the upcoming flu season due to production difficulties. The vaccine is expected to be delivered in November (approximately one month later than normal).

There will be sufficient vaccine for all persons considered at high risk for exposure. High risk includes:

- Everyone 65 years of age or older.
- Residents of long-term care facilities housing persons with chronic medical conditions.
- Anyone who has a serious long-term health problem with: heart disease - kidney disease - lung disease - metabolic disease, such as diabetes - asthma - anemia, and other blood disorders.
- Anyone whose immune system is weakened because of: HIV / AIDS or other diseases that affect the immune system - cancer treatment with x-rays or drugs.
- Anyone 6 months to 18 years of age on long-term aspirin treatment (who could develop Reye Syndrome if they catch influenza).
- Women who will be past the 3rd month of pregnancy during the influenza season.
- Physicians, nurses, family members, or anyone else coming in close contact with people at risk of serious influenza.

## Recipient Spotlight HELEN & GUS BARRETT

Helen grew up in Parma, Idaho on the family farm. Her family grew wheat, alfalfa, potatoes, cantaloupes, peaches, etc. Helen graduated from Parma High School in 1938 and met Gus while working in California at an aircraft factory where she operated a drill press. They were married on Jan. 14, 1945.

Gus grew up in El Monte, Calif. and graduated from El Monte High School in 1936. He was in the Navy for 11 1/2 years. He was helping build hospitals when Pearl Harbor was bombed. On leave from the Navy is when he met Helen. After the Navy, Gus worked for American Optical and then Idaho Sporting Goods as an accountant for 30 years.

Helen and Gus have three children, a daughter in Boise who is a hairdresser, a daughter in Twin Falls who works for a bank and a son who works for Micron. They have five grandchildren.

Helen and Gus enjoy receiving Meals on Wheels and especially like their driver CoraLee. Their favorite meals are lasagna, porcupine meatballs and Salisbury steak.

extra, extra, read all about it !!!

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## The MEAL TIMES

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## Message From The Supervisor . . .



Angela Spain

Central District Health Department has created a web site: [www.cdhd.org](http://www.cdhd.org) and we've made some vast improvements to our web site this summer. The goal of our web site is not only to educate the public about our services here at CDHD, but to be an educational resource for a variety of health topics.

Visit our "Senior Nutrition" web page and learn more about our Meals on Wheels program including eligibility, volunteering to deliver meals, and our annual fund-raising events. We have also included on our web page the Congregate Meal Site locations and monthly menu. Other "Services for Seniors" along with contact phone numbers are also listed.

Also, our Meals on Wheels program has joined a national on-line fund-raising campaign located at [www.GiveMeals.com](http://www.GiveMeals.com). This web site enables visitors to make financial contributions to meal programs with a simple click of the mouse. Donations are free to the web visitors themselves. Donations are made by GiveMeals.com corporate sponsors who have agreed to give a specific contribution to Meals on Wheels whenever visitors click on their individual advertising banners on the GiveMeals page. Check it out.

## Holiday Happenings

- \* October 9th - Columbus Day
- \* November 10th - Veteran's Day
- \* November 23rd - 24th - Thanksgiving Holiday
- \* December 15 - All Staff Meeting
- \* December 25 - Christmas
- \* No Meal Delivery



## From The Heart. . .

*We as a family want to thank you for being so caring and kind to mom, she loved the meals and the people who delivered them. Her little dog appreciated the bones each day.*

*Thanks*

*Thank you so much, this program has been a blessing for us. Please accept this check in memory of our mom. It was the highlight of her day when she welcomed all the nice and loving care of all the people who came to deliver good hot meals. She enjoyed them. Our thanks and appreciation to all the wonderful volunteers.*

# ALZHEIMER'S "DISEASE OF THE CENTURY"

It was not until 1906 that Alzheimer's disease was discovered by German neurologist, Alois Alzheimer (1864-1915) who performed an autopsy on a 56 year old woman suffering progressive mental deterioration marked by increasing confusion and memory loss. Using a then-new staining technique, Alzheimer noticed abnormal clumps and irregular knots of brain cells believed to have caused the mental deterioration.

Alzheimer's disease is a brain disorder gradually destroying the ability to reason, remember, imagine, and learn. Individuals no longer recognize themselves or much about the world around them. Depression, anxiety, and paranoia often accompany symptoms. New treatments however lessen symptoms and slow progression.

Alzheimer's is marked by abnormal clumps (called senile plaques) and irregular knots (called neurofibrillary tangles) of brain cells. These plaques and tangles take over healthy brain tissue devastating the areas of the brain associated with intellectual function.

People with beginning stages of Alzheimer's disease are painfully aware of their intellectual failings. People with the illness may display personality changes, such as poor impulse control and judgement, distrust, increased stubbornness, and restlessness.

The next stage is characterized by greater difficulty in doing things that require planning, decision-making, and judgement — such as working, balancing a checkbook, or driving a car. Everyday skills such as personal grooming aren't affected, but social withdrawal begins. Eventually, people with Alzheimer's disease can't do simple tasks of daily living such as eating, bathing, and using the toilet. Lack of interest in personal hygiene and appearance, and lose their usual sexual inhibitions. They have difficulty recognizing their closest daily companions. Communication of all kinds becomes difficult as written and spoken language ability dwindles (become mute). Withdrawal from family members begins and the person may become agitated, displaying belligerence and a denial of the illness.

Final stages of the disease leave people with Alzheimer's bedridden, unable to recognize themselves or their closest family members. They may make small, purposeless movements and communicate only by screaming out occasionally. The brain forgets to live. Death often results from pneumonia and from complications associated with mobility.

It is vitally important to support the mental and emotional well-being of the individual with Alzheimer's. Show them love, affection and warmth as they make their journey.

Alzheimer's disease progresses slowly, taking 3 to 18 years to advance from the earliest symptoms to death. Average duration of the disease is 8 years. Death results not from the disease itself but from some secondary illness.

Factors that increase the risk of Alzheimer's disease:

- Increasing age
- Family history
- Genetics
- Down's syndrome

An increased risk for Alzheimer's disease has been linked to a specific gene called ApoE/e4 (a form of the apolipoprotein E gene). Other risk factors may be environmental such as a head trauma or lack of education. Still others may be related to sex hormones - such as lack of estrogen in women who no longer menstruate or take hormonal replacement therapy.

An estimated four million Americans currently have Alzheimer's disease. In rare cases, it begins to develop before age 50 but most people develop the disease after 60.

- From age 65 to 74, about 3% of people are affected
- From age 75 to 84, the figure rises to 19%
- And for those 85 and older, Alzheimer's afflicts 47%

It is expected by the year 2050, as many as 15% of those over 65 might have Alzheimer's.

Alzheimer's affects not only the person with the disease, but his or her loved ones. According to the Alzheimer's Association and the National Institute on Aging:

- About 2.7 million spouses, relatives, and friends care for people with Alzheimer's
- Some 19 million Americans say a family member has the disease
- About 37 million Americans say they know someone with Alzheimer's
- Half of all nursing home residents have Alzheimer's disease or some other dementing illness.

Some good news . . . The FDA has approved a new medication - Rivastigmine (Exelon) which is another cholinesterase inhibitor, similar to donepezil (Aricept) and tacrine (Cognex). These drugs increase levels of a neurotransmitter (called acetylcholine) that is deficient in people with Alzheimer's disease.

Resources: drkoop.com • Alzheimers.com • Focus on Healthy Aging - August 2000

## — Meet The Elmore County Meals on Wheels Staff —



Alice Craig -  
Motor Vehicle Operator



(L to R) Carol Crandall - Senior Cook  
Liz Eaton - Food Service Worker

## Volunteer Spotlight

## Carolyn Morrill

Carolyn Morrill has been delivering Meals on Wheels since April 3, 1997. Her interest in Meals on Wheels developed when her mother received them in New Plymouth. Carolyn especially appreciated the daily contact and the nutritionally balanced meals she received.



Carolyn is a sales administrator for Richardson Equipment in Garden City. Richardson Equipment is a factory representative for heating and cooling systems. Once a bid has been accepted, Carolyn is responsible for ordering and following through until installation is completed by a contractor.

Carolyn is a graduate of Boise State University with a degree in Communications and a minor in English.

She keeps very busy by volunteering at the Morrison Center, managing a business that sells custom fit bras and lingerie, and clowning. Carolyn, "Felicia Facelifter", entertains at St. Luke's and St. Alphonsus' Hospitals primarily adults and staff. She has entertained patients on the 9th floor at St. Luke's, pre-partum patients, and Summerwind and Boise Samaritan Village residents. Carolyn also is involved with the clown training course which is 30 to 40 hours. Carolyn loves delivering meals, enjoys the people and misses them greatly when they move on.

## Thank You Friends

### Monetary Donations:

Wayne & Florence Adams • Alchem Laboratories, Inc. • Alterra Villas • Tori Beauchaire • Janet H. Bell • Stanley & Ann Bell • Anne Brown • Nadine Chaffin • A. Bruce & Roberta L. Cleveland • John & Catherin Combs • Dorothy Creswell • Mr. & Mrs. Ernest E. Day • Mike Fritz, Idaho Power Co. • Peter Furno • Helen Fullmer Grange TTEE • Lois Hahn • The Halliday Foundation • Audrey B. Harvey • Diane Hemphill • Margaret K. Horan • Bonnie J. Jackson • Kenneth & Marie Johnson • Hazel J. Kent • Donald Mehl & Nadine Orcutt-Mehl • Kathleen Messinger • Anne Payne • Linda Pence • Race to Robie Creek • Alice Schlegel • Elaine Schmoeger • Paul & Eleanor Tate • Treasure Valley United Way • J.C. & Phyllis M. Ungerer • Unity Center of Boise - General Fund • Mike Waite • Edna Wilemon • Richard Woodbridge

Meals on Wheels was a designated beneficiary for the Race to Robie Creek. We were very fortunate to have been awarded \$800.00 of the proceeds from the event.

The Halliday Foundation awarded a \$200.00 grant to Meals on Wheels.

The Soul Food Extravaganza, a non-profit event, was held on Saturday, August 5, at Julia Davis Park. Hewlett-Packard Company, Micron Internet Services, United Dairymen of Idaho, Nagel Beverage Company, and Albertson's were sponsors of this year's event. **Proceeds from the event will be donated to Meals on Wheels,** The Boise Rescue Mission, Capital Contribution Center, and the Idaho Food Bank.

Alterra Villas on Parkcenter sponsored a pancake breakfast benefit for Meals on Wheels on Saturday, July 29. We raised \$289.00 at the event! Thanks to the following individuals who volunteered at the event:

Ms. Margie Stephenson & the staff at Alterra Villas • Donna Caley • Tiffany Curtis • Colleen Fiero • Janice & Ken Holt • Julia Kolb

## Memorial & Honorarium Gifts

### In Memory of:

#### Ruth Alvina Wilcox

Received donations from Robert & Teresa Banks, Colleen Fiero

#### Ruth & Mayo Wilcox

Received donation from Dorothy Stahl

#### Thelma Beck

Received donations from Louise & Wayne Duvall, Rolly & Margaret Lincoln, Thelma J. Allen, Ethel Eisenhour, Don & Mary Eisenhour, Don & Pat Haugen, Larry G. Thorngard - L-Lazy-T, Rob & Hong Beck

#### Marion A. Lansbery

received donations from Donald & Sharon Carlock



trim out and mail to: Meals On Wheels, 707 N. Armstrong Pl., Boise, ID 83704

## Honorariums & Memorials

Honorariums and memorials are gifts made in honor of, or in memory of, a person in your life. A gift made in honor of a special person may be given on occasions such as birthdays, anniversaries, Mother's Day, Father's Day, Valentine's Day, graduation...

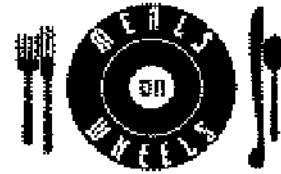
Memorials are made in memory of a deceased loved one. There is nothing more precious than the memory of a loved one, expressed in a tangible way, especially when the monetary gift provides life sustaining sustenance for someone in need. Each is gratefully acknowledged to the family. When making honorariums and memorials, please make sure to include the name and address of the person you are honoring, or in the case of memorials, who you wish to be acknowledged.

For your convenience, you can use the coupon at right. Your thoughtful gift not only helps Meals On Wheels, but it is also a wonderful way to honor and remember friends and relatives. If you would like further information please call Colleen, Volunteer Coordinator at 327-8505.

## Honor & Remember

The enclosed gift is

- ☐ In honor of:  
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Please remit to:  
Meals on Wheels  
707 N. Armstrong Pl.  
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☐ Mr. ☐ Mrs. ☐ Miss \_\_\_\_\_

Address \_\_\_\_\_

*Please send acknowledgement letter to:*

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Address \_\_\_\_\_

*This gift is made by:*

☐ Mr. ☐ Mrs. ☐ Miss \_\_\_\_\_

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# Much More Than A Meal!